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# Coopers adjustable aluminium walking stick 71-96cm (MW13)

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Please retain these instructions for future reference. These instructions are also available in other formats.

## General description

This white aluminium walking stick has a straight handle which is shaped underneath for finger grips. The stick can be adjusted from 71-96cm to suit your personal requirements.

This walking stick is intended as a means of support for visually impaired people and not as an aid to guidance. It is recommended that advice should be sought from a healthcare professional to ensure the walking stick is the correct length and can give the support required. Incorrect use can cause back trouble and posture problems and it is important that any replacements issued are of the same length and weight as the original. When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed.

**Please note:** Maximum user weight is 127kg (20st).

## Orientation

This walking stick is fitted with a straight handle with finger grips on the underside. Situated down the side of the main body of the stick are 11 holes 2cm apart, which are to be used in conjunction with the spring pin (which will be protruding from both sides on one of the holes) to adjust the length of the stick.

The rubber ferrule is fitted at the bottom.

## Correct adjustments

When the stick is measured correctly the user should be able to maintain an upright posture with the elbow slightly flexed. In this way, body weight is taken through the stick by pushing down on the stick when walking.

### Adjusting the height of the stick - spring pin adjustment

1. Locate the spring pin (it will protrude from one of the 11 holes on the stick)

2. Hold the stick and push the pin in from both sides of the stick

3. Pull down or push up the lower end of the stick while holding the upper part of the stick while keeping the spring pin pushed in from both sides

4. Turn the leg slightly so the pin fits through one of the 11 holes

5. Once extended to the required position, ensure the pin is fit into the appropriate hole, and is protruding to confirm it is tightened.

## Replacing the ferrule

The most common repair will be to replace the ferrule. Remove the old ferrule and replace it with one of the same size, and then press down carefully on the stick's handle to ensure that the ferrule has been correctly attached and will not come off when the walking stick is in use. It is strongly recommended that you do not attempt to undertake any other repairs or alterations to the adjustable walking sticks.

Replacement ferrules include:

- 2.2cm grey ZZ ferrule (MP77)

- 2.1cm black heavy duty ferrule (MP31)

## How to contact RNIB

Phone: 0303 123 9999

Email: shop@rnib.org.uk

Address: The Grimaldi Building, 154a Pentonville Road, London N1 9JE.

Online Shop: shop.rnib.org.uk

Email for international customers: kaorders@rnib.org.uk

## Terms and conditions of sale

This product is guaranteed from manufacturing faults for 12 months from the date of purchase. If you have any issues with the product and you did not purchase directly from RNIB then please contact your retailer in the first instance.

For all returns and repairs contact RNIB first to get a returns authorisation number to help us deal efficiently with your product return.

You can request full terms and conditions from RNIB or view them online.

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